

# APRIL HARVEST OF THE MONTH



# LETTUCE

SCAN THE  
QR CODE  
FOR MORE  
HARVEST  
OF THE  
MONTH  
RESOURCES!



# TRY LETTUCE AT HOME!

## HEALTH & NUTRITION

Lettuce has no fat and is a source of Vitamin A, potassium and fiber. The spine and ribs of lettuce provide dietary fiber while vitamins and minerals are concentrated in the delicate leaf portion.

The darker the leaf, the more nutrients it has!

# ? DID YOU KNOW

Lettuce started out as a weed in the Mediterranean and is now the second most popular fresh vegetable in the United States (behind potatoes).